

# Ready for School. Set for Life.

Partnering with parents and families to help all children stay healthy and succeed in school.



## Parent Guide to First Things First Funded Programs in Central Phoenix

## Contact

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### *Are you a parent or caregiver looking for resources and support?*

#### Healthy Families

A voluntary home visitation program that will provide support to prenatal families and families with newborns younger than 3 months up to 5 years. Gives young children stronger, more supportive relationships with their parents through in-home services on a variety of topics, including parenting skills, early childhood development, literacy, etc. Connects parents with community resources to help them better support their child's health and early learning.

**Southwest Human Development**  
(602) 266-5976 ext. 5200

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### *Do you have parenting questions, or need advice?*

#### Birth to Five Helpline

Helps families with young children get free answers to their toughest parenting questions.

**1-877-705-KIDS**

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### *Are you looking for pregnancy support services?*

#### Prenatal Outreach- Healthy Start

Focuses on home and community-based pre/postnatal services to increase healthy pregnancies and good birth outcomes, as well as general health, safety, injury prevention and successful attachment of parents with their babies.

**Maricopa County Department of Health**  
(602) 304-1166

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### *Do you want information about your child's physical or oral health?*

#### Health Insurance Enrollment

Improves children's health care and future development by ensuring they have a regular source of care.

**Kids Health Links**  
**1-800-235-9678**

#### Care Coordination / Medical Home

##### Best Care for Kids

Services for at-risk and vulnerable children and their families. Improves children's health care and future development by ensuring they have a regular source of care and access to other support services.

**Arizona Chapter / American Academy of Pediatrics**  
(602 ) 828 6393

##### Health Coordination

Improves children's health care and future development by ensuring they have a regular source of care.

**International Rescue Committee**  
(602) 433-2440 ext. 227

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*Do you need to keep you or your child safe?*

**Injury Prevention**

Reduces common preventable injuries in children 5 and younger.

**Maricopa Integrated Health Services**

(602) 344-2621

**Friendly House**

(602 ) 416-7253

**Food Security**

Food boxes and basic necessity items help improve the health and nutrition of children 5 and younger and their families

**St. Mary's Food Bank Alliance**

(602) 242- FOOD (3663)

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*Want to see how reading and play can help your child learn?*

**Community Based Literacy**

**Raising a Reader**

Engages parents in a routine of reading daily to and with their children.

**Southwest Human Development**

(602) 633-8748

**Nurturing Parenting Series**

Engages parents and caregivers to play with their children, birth to five, in an interactive setting with stories, songs and crafts; while providing parenting support, resources and community networking opportunities.

**Chicanos por la Causa**

(602) 248-0428 xt.268

**Nurturing Program for Parents and Children with Special Needs and Health Challenges**

Community-based parenting education classes for families with children 0 – 5 who show evidence of developmental delays to address issues of early language and literacy, parenting skills, information and resources.

**Raising Special Kids**

(602) 242-4366

[info@raisingspecialkids.org](mailto:info@raisingspecialkids.org)

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*Are you seeking quality child care for your infant or toddler?*

**Family, Friends and Neighbor Care**

Improves the quality of care and education that children receive in unregulated child care homes. Supports provided to family, friend and neighbor caregivers include training and financial resources.

**Association for Supportive Child Care**

**Kith and Kin Program**

(480) 829-0500 ext.1126

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**First Things First Central Phoenix Regional Partnership Council**

For more information contact:

Susana Ibarra, Community Outreach Coordinator at [sibarra@azftf.gov](mailto:sibarra@azftf.gov) or 602-771-5049

**Central Phoenix ZIP Codes**

85003 85004 85006 85007 85008

85012 85013 85014 85015 85016

85017 85018 85019 85034